

# LONDON metro®



## THE STASH PROJECT: DAY 1

IN WHICH  
WE TRY TO  
CREATE A NEW  
#WEBSUPERSTAR

PAGES 6-7

## Fighting for freedom of ... expenses

Two London councillors are asking for changes to rules governing expense accounts — for good causes, they say

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## We're not annexing Crimea: Putin

Russian president says U.S. 'lab rat' experiments and other western intervention to blame for situation in Ukraine

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## London Lightning need star to bring his 'A' game

Garrett Williamson and company take on Brampton A's Wednesday

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March 5 Jackpot  
**\$7,000,000**  
estimated

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**GUARANTEED**  
**\$1 MILLION** PRIZE  
DRAWS

LOTTO  
**649**



## POCKET-SIZED LIFESAVER

Middlesex-London EMS is proving that big rewards come in small packages. New equipment, the size of a key fob, is proving to be an important part of saving lives. Story on page 3. SCOTT TAYLOR/METRO

# No charges for 'bumfight' vid?

**YouTube.** Video shows man being beaten to the ground



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London police say they're looking into a disturbing YouTube video of a young man severely assaulting an older man, who appears to be intoxicated.

The video is titled "bum-fights london ont," similar to a notorious film series produced over a number of years in the United States. The series — banned in Canada and other countries — featured teenagers fighting and otherwise abusing older, homeless men.

The final official Bumfights video was released in 2006. Producers have faced civil suits and criminal charges. But the series spawned countless copy-

### Quoted

"If somebody doesn't want to partake in an investigation, we can't force them."

London police Const. Ken Steeves

cat films and is considered by many as the inspiration behind some violent teenage attacks on the homeless.

Police were informed about the nearly two-minute video on Tuesday through their Facebook page and Twitter account.

The video was removed from YouTube less than two hours later. It was originally posted about five months ago under the username Spooki Wooki. In the video, watched by Metro before it was deleted, a young man appears to pick a fight with a dishevelled, unsteady older man.

The man throws a lazy first punch, then falls to the ground after taking a hard right to his face. He's then hit again and kicked multiple times in his torso and head before taking more punches to his head. After the beating, the younger man helps him back to his feet.

London Police Const. Ken Steeves said investigators will look into the incident, but said pressing any charges will likely be difficult for many reasons.

"It's easy to judge by the clip, but we don't know what happened prior and we don't know what happened after," he said.

Police don't know the identities of the men and are hampered by the fact the fight happened at least five months ago.

As well, the man who was beaten hasn't filed a complaint.

"If the parties don't wish police involvement, there isn't much we can do," Steeves said.

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# Addition to EMS toolkit considered a lifesaver

**May have helped five people.** Paramedics found high levels of carbon monoxide during a call while using a CO detector



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A superintendent for Middlesex-London EMS said a \$100 carbon monoxide (CO) detector recently added to the equipment paramedics carry might have saved the lives of five people recently.

Josh Dennings said an ambulance was dispatched to an auto repair garage near Dorchester after a call about a man feeling generally unwell.

"That's a very common call we get," he said.

"That can be used to describe any number of symptoms from tummy pain to headache. It's a very generic term for calls we get."

When medics arrived, they brought in the usual complement of a stretcher, oxygen, what they call a basic life-support bag and a cardiac monitor.

This time, though, the crew also brought a device about the

Another tool in their kit

35

Number of CO detectors bought by Middlesex-London EMS about two weeks ago. There's one in each ambulance.

size of a key fob that checks the air for deadly carbon monoxide.

As they were in the process of checking the patient's blood, the monitor alerted them that CO in the air was at a dangerous level.

"If our guys hadn't been called and noticed there were elevated levels of carbon monoxide, there was the potential there for all five of those people (inside) to become overcome with carbon monoxide," Dennings said. "That could've potentially led to the death of one or more of those people."

The culprit was a furnace leaking the odourless, invisible gas into the garage.

Symptoms of CO poisoning include headaches, dizziness and nausea.

In other words, things that make people feel generally unwell.

"Before we had this tool, there would've been no way for us to know for sure," Dennings said.



It's no bigger than the size of a key fob, but this tiny carbon monoxide detector has already packed a mighty punch, according to Middlesex-London EMS. SCOTT TAYLOR/METRO

Trouble at the auto garage

"If our guys hadn't been called and noticed there were elevated levels of carbon monoxide ... that could've potentially led to the death of one or more of those people (inside)."

Josh Dennings, Superintendent for Middlesex-London EMS, talking about a call to an auto repair garage where a man was feeling generally unwell

1 NEWS

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# Councillors want wiggle room for expenses

## Good causes.

Changing rules would help Londoners, councillors say



**MIKE DONACHIE**  
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Two councillors have asked for a change in the rules on their expenses, requesting more freedom in how they spend money allotted to them.

And it's all for a good cause, they say.

After days of intense scrutiny of councillors' expenses at city hall, the issue was discussed at Tuesday's corporate services committee meeting.

Councillors Paul Hubert and Harold Usher want to use their expenses to help individuals.

They want to buy tickets for events like London X, an Emerging Leaders conference that discussed ways to improve the city, and give them to people who can't afford them.

ford them.

Councillors can already buy event tickets for themselves and expense them, but they can't give them away. Hubert said he and Usher have "experienced frustration" about the issue.

Hubert paid for a table at London X, giving tickets to young Londoners, but has been told he couldn't ask the city to reimburse him. He also tried to help a resident who was having trouble with his heating, but was told he couldn't buy a heater and expense it.

## Spend it wisely

**"My view is that we give each councillor enough rope to hang themselves at the ballot box."**

Coun. Joe Swan

"I think I can give him a freaking umbrella that has a City of London logo on it to keep him dry, but I can't give him a little heater to keep him warm in the winter," Hubert said.

Usher chimed in that it was a "humanitarian gesture" to buy tickets for

people who want to attend events that might benefit them.

Coun. Judy Bryant disagreed. The downtown councillor has a ward filled with too many events to support, so she tries to avoid buying any event tickets for herself, and would oppose widening

the scope of the rules.

But, whatever they spend, councillors better spend it wisely, Coun. Joe Swan said.

There may be criticism of Stephen Orser's fridge magnets and Dale Henderson's TV equipment, but Swan said the rules should be relaxed because voters will decide if "good judgment" and "wisdom" have been applied.

The committee voted 3-1 to have city clerk Cathy Saunders look into the possible rule change and report back.



## Let them eat pancakes! Fundraiser benefits food programs

Volunteer Paul Rutherford flips pancakes at St. Paul's Cathedral on Pancake Day. It was part of a fundraiser, which just so happened to fall on Shrove Tuesday, that saw more than 100 people have lunch, and even more eat dinner, to help social services offered to people in need. The cathedral is planning a \$3-million revamp of one wing to make its food programs more accessible and welcoming. **MIKE DONACHIE/METRO**

## Local Advocacy Week. Western student leaders discuss transit, other issues with politicians

### Out to make a contribution

**"Students believe that a mobile citizenry is an engaged citizenry."**

Pat Whelan, Western University student council president

Student leaders at Western University are heading off-campus this week to reach out to the London community.

It's the University Students' Council's first Local Advocacy Week, billed as an attempt to burst the campus bubble.

There are to be discussions with MPs, MPPs, the mayor, city councillors, city staff and community partners.

The student leaders want to make recommendations about the transit system, improving near-campus neighbourhoods and creating a prosperous city.

"Students in particular depend on transit to get to class, exams and work," said Pat Whelan, president of the USC. "Unfortunately, the LTC is often unable to meet students' needs and is in need of new investment and service reviews to be able to meet its mandate."

As well as transit, the quality of life in neighbourhoods near campus is an

issue for the USC.

"We are increasingly concerned at the growth of student neighbourhoods that consist of rows upon rows of rental houses, with no mix of businesses, long-term residents, entertainment venues and restaurants," said Amir Eftekarpour, vice-president external at the USC. "We believe this sort of urban design has contributed to many problems in the city, particularly in relation to waste management, noise and large-scale events such as Homecoming."

"Investment in more vibrant, mixed-use neighbourhoods will bring about a more positive dynamic in London's neighbourhoods."

**METRO**

## Blasted at booze stop? Man charged with driving drunk at LCBO lot

A 62-year-old Aylmer man might have just called it a night.

Instead, he swung by a St. Thomas liquor store, which proved to be a mistake.

The unidentified man was in an LCBO parking lot shortly after 9 p.m. Monday when

he was nabbed by police and charged with operating a vehicle with more than 80 milligrams of alcohol in 100 millilitres of blood.

The vehicle was towed from the scene. No one was injured.

**METRO**



## Downtown. Parking grace period suggestion kept alive by councillors

The Londoner who's campaigning to keep parking tickets at bay is "encouraged" by support from city councillors.

Lincoln McCardle, who lives and works downtown, is asking for a 10-minute grace period after parking meters run out.

If successful, it will mean a friendlier, more welcoming downtown, he said, with people more likely to park there and less likely to be fined if they're late getting back to the car.

The issue was part of the debate at Monday night's community and protective services committee at city hall.

"As far as I could tell, it went as well as possible," McCardle said.

He joked: "The only possible better outcome was if they had adopted it as a by-law on the spot."

That couldn't happen, of course, because it would take full council approval, but the outcome was positive. The four-member committee



Lincoln McCardle METRO FILE

voted unanimously in favour of asking staff to examine the idea.

"I think there are going to be logistical issues," McCardle said. "They're going to look into what effect it might have on revenue."

But with Toronto also considering a 10-minute grace period, which may come in next month, McCardle said it's time for downtown London to get extra welcoming.

"At the end of the day I shudder to think that, after April, London will be less parking-friendly than Toronto," he added.

MIKE DONACHIE/METRO

## March 8. London groups stepping up to mark International Women's Day

London's Cross Cultural Learner Centre is organizing an event for women only.

To mark International Women's Day, an evening of food and music is planned for 5 p.m. to 8 p.m. Thursday at Oakridge Secondary School (1040 Oxford St. W.). Seating is limited.

Meanwhile, the women's committee at the local arm of Unifor is using Women's Day to launch a variety of com-

munity projects.

The union will be making donations to groups including My Sister's Place, the Women's Rural Resource Centre, the London Abused Women's Centre and the Sexual Assault Centre of London.

Projects to help similar groups will start March 8 — the official International Women's Day — and will run through the same date in 2015. METRO

## Woman faces charge. Three people injured in Highbury Avenue crash

A St. Catharines woman has been charged with running a red light in a Tuesday accident that sent three people to hospital.

Police alleged Mary Stacey was travelling north on Highbury Avenue when she turned into the path of a vehicle moving west on Medway Road.

One of the victims suffered serious injuries. The other two involved in the 2:15 p.m. collision weren't hurt as badly, said Middlesex OPP Const. Laurie Houghton.

Highbury was closed for about two hours between Medway and Eight Mile Road as crews worked at the scene.

SCOTT TAYLOR/METRO



Pro-Russian soldiers guard Ukraine's infantry base in Perevalne on Tuesday. Russian President Vladimir Putin said Moscow reserves the right to use all means to protect Russians in Ukraine. THE ASSOCIATED PRESS

# Local woman fears for family in Ukraine

**Eyes abroad.** 'We can't sleep overnight,' says chief of London's Ukrainian Canadian Congress branch



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Concern was evident in the voice of Daria Hryckiw as she described the "scary" situation her family in Ukraine is facing as tensions with neighbouring Russia reach a boiling point.

Russian troops spilled

across the border into Crimea less than a week ago after the ouster of Ukrainian President Viktor Yanukovych. Russian President Vladimir Putin then escalated the threat level when he stated Russia has the right to invade Ukraine to protect its interests.

With war a possibility, Hryckiw is concerned for her mother and others caught in the middle.

"I tell you, we're nervous," said Hryckiw, president of the Ukrainian Canadian Congress branch in London. "We can't sleep overnight because we're always with the computer and the TV watching the situation.

Now it's really bad.

"The Ukraine people are peaceful people, but what can they do right now? It is very scary for them. They're very hard workers and all they want is a better life."

At least 18 people died last month when Ukrainian forces loyal to Yanukovych violently clashed with demonstrators in Kyiv.

Yanukovych has since fled to Russia.

Hryckiw, who moved here 25 years ago, keeps in touch with her family through Skype. They're all safe and well, but the air is filled with tension, she explained.

"We're in contact all the time. They're very upset about the situation, but they believe everything will be OK," she said. "But they're staying peaceful because they want to show the world that it's a good country like Canada and other countries."

Some hope for a peaceful resolution, which presented itself Tuesday when Ukrainian and Russian ministers met for the first time since the crisis, at an undisclosed location.

Hryckiw estimates there are about 2,000 Ukrainians in London.

MORE UKRAINE COVERAGE, PAGE 8

## Grits vow lower insurance rates for drivers

Ontario's governing Liberals introduced legislation Tuesday they say will help reduce auto-insurance rates, even though they're not mandating a cut to premiums.

Finance Minister Charles Sousa says rates have dropped five per cent on average across Ontario and will fall further to the 15 per cent target if the bill passes.

He says the legislation will combat fraud, make it easier to settle disputes and curb costs.

Sousa says the dispute resolution system for injured drivers would be moved to an existing tribunal run by the attorney general's ministry. Only licensed health-service providers would be able to get paid directly by

insurers.

Critics point out Ontario made regulatory changes in 2010 that greatly reduced costs for the insurance industry, but those savings have not been passed along to drivers.

Progressive Conservative Jeff Yurek, who represents Elgin-Middlesex-London, says the big discounts on

premiums are coming from companies that insure bad drivers, while good drivers are seeing their rates go up.

That's because Sousa told insurers to lower their rates on average, he said. So they're inflating that average by reducing premiums for bad drivers who are paying more for insurance anyway.

THE CANADIAN PRESS

## So how do things go viral, anyway?



**SHANE GIBSON**  
Metro in Winnipeg

On the surface, pictures of cats in hats, grown men pretending to be Star Wars characters and a link that unexpectedly opens a video by a one-hit wonder from the '80s all seem like just good ways to have a chuckle while frittering away time at work. But in reality, Internet memes have become a serious business.

Sites like cheezburger.com — credited with bringing into the mainstream the whole cute-cat-picture thing you'll know from your Facebook feed — are worth big money. But that wouldn't be possible if they were run by a couple of bored office workers looking at pictures of cats; a site can only be worth millions if its content is seen by millions. In other, more au courant words, it has to go viral.

But, we wondered, at what point can it be said that something has gone viral? And how exactly does that even happen?

**Generating buzz**

**"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it."**

Social-media expert Tim Hwang

on the subject, organized ROFLCon, the first Internet-culture convention, which debuted in 2008.

It's not an exact science, the 27-year-old self-described social-media expert told Metro, but there are a few things to keep in mind if you want your picture of little Fluffy to explode online.

"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it," he said.

Hwang believes the culture's most recognized

memes share two properties. The first is simplicity. "For Grumpy Cat, for example, there was one funny image that people could Photoshop.... They've been successful because it's really easy for people to contribute." The second is malleability, which allows audiences to customize and then reshare the images.

"Memes need to provide a way for you to participate online to be successful," Hwang said.

"The really interesting thing about memes is that, certainly in the last few years, the world for them has gotten a lot more commercialized. Which is both good and bad.... I think it's been a trade-off. It's really great that a lot more people are connected to the culture of the web, but in some ways the Internet has lost some of its original community feel."



Hwang said that to truly go viral most successful memes and image macros need time online to pick up a dedicated following, and then need the help of mainstream media to really explode. Metro, being part of the mainstream media, decided not to press our built-in advantage on Step 2, the better to understand Step 1 from the point of view of a normal Internet user.

# Be afraid, Lil Bub — it's Stash!



Cute, cuddly and the main Stash came to her owner, Metro were found abandoned in a box

Reporter Shane Gibson Dacey

We all know the Internet runs our quest to answer How popular would this call him a viral sensation, like

## Internet cat-lebrities

### Lil Bub

Known for her permanent kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

#### By the numbers:

Born: June 21, 2011  
Facebook fans: 645,000  
Twitter followers: 34,500  
Instagram: 358,000  
YouTube subscribers: 105,000



### Nala Cat

Quite possibly the only cat with over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

#### By the numbers:

Estimated age: 3  
Facebook fans: 110,627  
Instagram: 1,100,000







Online

For a video and photos of Stash and more, go to [metronews.ca](http://metronews.ca)



## Meet Stash the Moustache Cat ...

character in our quest for worldwide fame, this cat possesses a unique look. Winnipeg managing editor Elisha Dacey, in a special way: Stash and his sister Mya and taken to a local pet shelter, who already had an abundance of kittens and was hoping for some press coverage to spur adoptions. took a photo of Stash, and it was love at first black-hair-fluff-under-nose sight. wasted no time in adopting Stash, along with his sister, Mya. on cats. Stash, with his ridiculous moustache, proved the purr-fect protagonist in some culturally pertinent questions: How easy is it to make a cat popular online? particular (and particularly moustachioed) cat have to get before we could fairly Lil Bub? Our answer may surprise you. **Bernice Pontanilla/Metro in Winnipeg**

# The virality checklist

Tim Hwang said that deciding whether something has gone viral is fundamentally subjective and that it's impossible to set purely numerical targets. But for the purposes of our experiment, he suggested some broad categories against which to evaluate our success.

SHANE GIBSON/METRO IN WINNIPEG

**1 How many Instagram followers can we accumulate?**



**2 How many images can we collect from followers? (That is, how many times did someone use our 'template' to create a new meme?)**



**3 How much action on Reddit, the self-proclaimed front page of the Internet, can we generate?**



**4 How much traffic can we drive to Stash's website, [stashthemoustachecat.com](http://stashthemoustachecat.com)?**



**5 How many views of Stash's Imgur pictures can we achieve?**



## Maru

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

**By the numbers:**

Born: May 24, 2007  
YouTube subscribers: 428,000



## From cats to coups in the 'Global Village'

Canadian prophet

**"The new electronic interdependence recreates the world in the image of a global village."**

Canadian communication theorist and intellectual Marshall McLuhan (1911-1980)

It was University of Manitoba graduate and University of Toronto professor Marshall McLuhan who coined the term the "Global Village" back in the early 1960s.

Though the Internet arrived years after McLuhan's death, he foresaw that technological advances would bring about a world that would once again be reduced to a village, albeit a very large one.

McLuhan's vision, one can easily argue, has come true: Trends and news now travel at the speed of a click.

And while it occurs for such silly things as music vid-

eos — think Psy's Gangnam Style, which has 1.9 billion views and counting — it has also proved useful for serious events such as the recent crisis in Ukraine.

**BERNICE PONTANILLA/  
METRO IN WINNIPEG**

## CRIMEA CRISIS



IVAN SEKRETAREV/THE ASSOCIATED PRESS

## Manpower

300

Col. Yuri Mamchur, pictured here, led around 300 unarmed Ukrainian officers to the base outside Sevastopol, Ukraine, in a peaceful attempt to retake their airfield. Russian soldiers drove the troops back by firing warning shots into the air.

## Concern

**"We are worried. But we will not give up our base."**

Ukrainian Capt. Nikolai Syomko, an air force radio electrician patrolling the back of the compound. He said the soldiers felt they were being held hostage, caught between Russia and Ukraine.

## Standoffs

Russia's seizure of Crimea has not gone as smoothly as Moscow may have expected. Ukrainian soldiers have refused to hand over weapons or switch allegiances, resulting in standoffs between men surprised to find themselves on opposing sides.

## Fraying ties

## PM: Joint military operations with Russia scrapped

Canada has suspended all joint military activities with Russia, Prime Minister Stephen Harper said Tuesday as Vladimir Putin lashed out at threats of sanctions and accused the West of sowing divisions within Ukraine.

Canada will no longer take part in an anti-terrorism drill involving Canadian and Russian air forces and has pulled out of scheduled meetings, Harper said in a statement.

The prime minister also threatened to further sever the already frayed ties between the two countries.

"We continue to view the situation in Ukraine with the gravest concern and will continue to review our relations with President Putin's government accordingly," the statement said.

Foreign Affairs Minister John Baird — who met Tuesday with Ukraine's ambassador to Canada — scoffed at Putin's justification for sending troops into Ukraine.

"These Soviet-style tactics are dangerous and tremendously destabilizing to the whole region," Baird said. **THE CANADIAN PRESS**

# Putin ratchets down tensions over Ukraine

**Tough talk.** Russian president takes jabs at the West, insists he has no intention of annexing Crimea or fighting 'the Ukrainian people'

Vladimir Putin talked tough but cooled tensions in the Ukraine crisis in his first comments since its president fled, saying Russia has no intention "to fight the Ukrainian people" but reserved the right to use force. As the Russian president held court Tuesday in his personal residence, U.S. Secretary of State John Kerry met with Kyiv's fledgling government and Moscow agreed to sit down with NATO.

Although nerves remained on edge in Crimea, with Russian troops firing warning shots to ward off Ukrainian soldiers, global markets catapulted higher on tentative signals that the Kremlin was not seeking to escalate the conflict. Kerry brought a \$1-billion aid package to a Ukraine fighting to

## Quoted

**"We hope that Russia will understand its responsibility in destabilizing the security situation in Europe, that Russia will realize that Ukraine is an independent state and that Russian troops will leave the territory of Ukraine."** Ukraine Prime Minister Arseniy Yatsenyuk

fend off bankruptcy.

Putin delivered a characteristic performance filled with earthy language, macho swagger and sarcastic jibes, accusing the West of promoting an "unconstitutional coup" in Ukraine. At one point he compared the U.S. role in Ukraine to an experiment with "lab rats."

But the overall message appeared to be one of de-escalation. "It seems to me (Ukraine) is gradually stabilizing," Putin said. "We have no enemies in Ukraine. Ukraine is a friendly state." He tempered those comments by warning that Russia was willing to use "all means at our disposal" to protect ethnic Russians in the country.

Significantly, Russia agreed to a NATO request to hold a special meeting to discuss Ukraine

on Wednesday in Brussels, opening up a possible diplomatic channel in a conflict that still holds monumental hazards and uncertainties.

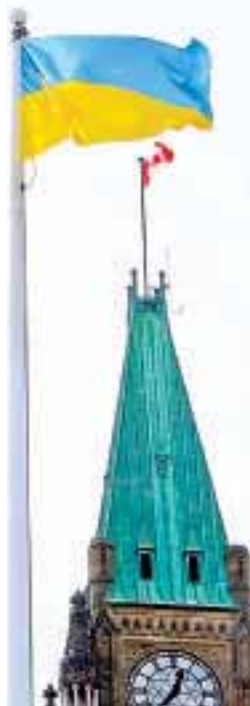
In his meeting with reporters on Tuesday, Putin said Russia had no intention of annexing Crimea, and hammered away at his message that the West was to blame for Ukraine's turmoil, saying its actions were driving Ukraine into anarchy.

Russia's Foreign Ministry derided U.S. threats of punitive measures as a "failure to enforce its will and its vision of the 'right' and 'wrong' side of history" — a swipe at President Barack Obama's statement Monday that Russia was "on the wrong side of history."

**THE ASSOCIATED PRESS**



**Russian President Vladimir Putin listens to journalists' questions at the presidential residence outside Moscow on Tuesday.** ALEXEI NIKOLSKY/RIA NOVOSTI/THE ASSOCIATED PRESS



## Ottawa shows solidarity

The Ukrainian flag flies on Parliament Hill in Ottawa on Tuesday, the day after the House of Commons passed a motion condemning Russia's incursion into Ukraine.

FRED CHARTRAND/THE CANADIAN PRESS



## N.S. Bar society told to tolerate B.C. Christian school's anti-gay rules

Excluding law school graduates from working in Nova Scotia because they attended a university that prohibits same-sex intimacy would be discriminatory, the university's president told the province's bar society Tuesday.

Bob Kuhn, president of Trinity Western University, told the Nova Scotia Barristers' Society in Halifax it would be unfair if it did not recognize law school degrees from his school because of its community covenant that

requires students, faculty and staff to respect Christian values.

"That's an audacious example of prejudice," Kuhn told the panel in his two-hour submission.

The faith-based university in Langley, B.C., wants to open a law school in 2016, and a society panel is holding hearings to determine whether it should allow its graduates to article, and potentially practice, in Nova Scotia.

THE CANADIAN PRESS

### Michigan

## It's OK if you are annoying

It's soon expected to be OK to be wilfully annoying in Grand Rapids.

The Grand Rapids Press reports that the city commission is nixing a 38-year-old section of city code that states "no person shall wilfully an-

noy another person."

City attorney Catherine Mish recommended repealing the language, saying the wording is vague and unenforceable.

Last year, rules that got a look included one prohibiting people from riding horses on a sidewalk and another allowing jail time for failing to return a library book.

THE ASSOCIATED PRESS

# Ford says his appearance on Kimmel show a success



Toronto Mayor Rob Ford has his forehead wiped by host Jimmy Kimmel on the late night talk show Jimmy Kimmel Live on Monday night in Los Angeles. ANDY HOLMES/THE ASSOCIATED PRESS

## 'Bananas for Rob.'

Ford said he received support after the show and denied that Kimmel had made a fool out of him

Mayor Rob Ford rejected suggestions on Tuesday that late-night TV comedian Jimmy Kimmel had humiliated him, and denied needing help for substance abuse.

Speaking at city hall after his trip to Los Angeles, an upbeat Ford sloughed off Kimmel's reruns of several embarrassing videos and his suggestion the mayor find someone to talk to about his addictions.

"I don't have any personal issues," Ford said.

"We've gone down that road a number of times."

For much of his 15-minute appearance on

Jimmy Kimmel Live late Monday, the mayor looked uncomfortable as the comedian razed him over a series of incidents that have garnered Ford worldwide attention.

"Our first guest tonight has tripped, bumped, danced, argued and smoked his way into our national consciousness," Kimmel said by way of introduction.

Ford said he had received a "lot of support" following his appearance and denied that Kimmel had made a fool out of him.

"I knew I was going into a lion's den but I held my own," the mayor said.

Kimmel drew laughs from the studio audience by playing several videos that have gone viral, including ones from a meeting in which Ford mimes a drunk driver, dances in council chambers and almost knocks down a fellow councillor.

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# Dear America, Please approve the Keystone pipeline

## Sincerely, Canada.

Government sends the U.S. a letter asking that the controversial project get the OK

The Canadian government is expressing a desire to work with the United States on reducing oil and gas pollution in a letter to the Obama administration that calls for approval of the Keystone XL pipeline.

The letter argues the merits of the pipeline on environmental, economic and energy-security grounds — and it suggests a willingness, without offering specifics, to take additional steps to curb greenhouse-gas emissions.

**From: Canada's ambassador**

**"Our energy and environment officials are currently assessing common energy issues, including potential oil and gas issues, which we could usefully address together."**

Note to U.S. Secretary of State John Kerry, dated Feb. 28 and released Tuesday

The three-page note from Canada's ambassador to Washington, Gary Doer, says the two countries have already worked together on different climate initiatives, including vehicle-emissions standards, and they can do more.

"Our energy and environment officials are currently

assessing common energy issues, including potential oil and gas issues, which we could usefully address together," said the note to Secretary of State John Kerry, dated Feb. 28 and released Tuesday.

Kerry is leading a regulatory review of TransCanada Corp.'s pipeline proposal and is accepting public comments during a 90-day national-interest determination phase, including the letter from the Canadian government.

Just last month, President Barack Obama revealed that he and Prime Minister Stephen Harper talked at a North American leaders' summit about new initiatives to curb greenhouse-gas emissions.

**THE CANADIAN PRESS**



## Fiscal plan? Psssh! Have you heard about my recess plans?

U.S. President Barack Obama sits with Marcus Wesby and other preschool students during his visit to Powell Elementary School in the Petworth neighbourhood of Washington on Tuesday. Obama visited the school to talk about his fiscal 2015 federal budget proposal, which was released Tuesday. The blueprint for fiscal 2015, which begins Oct. 1, includes new spending for preschool education and job training, expanded tax credits for 13.5 million low-income workers without children and more than \$1 trillion US in higher taxes over the next decade, mostly for the wealthiest Americans and corporations. **PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS**

### Poll finds

## Average RRSP contribution dips

Two-thirds of Canadians polled would like to have put more money into their RRSPs for the 2013 tax year, according to a new survey that found average contributions were down slightly. The Bank of Montreal's survey, conducted last week, said Canadians were contributing an average of \$3,518 to their RRSPs, down \$26 from an average of \$3,544 for the 2012 tax year.

**THE CANADIAN PRESS**

### Market Minute

**DOLLAR**  
90.09¢ (-0.13¢)

**TSX**  
14,289.86 (+77.12)

**OIL**  
\$103.33 US (-\$1.59)

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**Natural gas:** \$4.64 US (+\$0.14)  
**Dow Jones:** 16,395.88 (+227.85)

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# LET WORKTRENDS MAP OUT YOUR FUTURE

In today's competitive employment field, finding the right job — or the right candidate for a job — can be helped by understanding not just where the jobs currently are, but where they will be.

And that's where WorkTrends.ca, a new online employment resource, can



worktrends.ca

help job providers and seekers alike find their way down the path to success.

"For employers, this resource can help with hiring and understanding

how and where to attract the right people for their business," says Kiran Maniar, project co-ordinator. "It can help employers and HR tap into resources to hire locally and understand what kind of incentives and programs are available such as co-ops, apprenticeships and government grants."

And WorkTrends.ca is equally beneficial to job seekers.

"It's targeted to many different types of users," Maniar says. "It's great for those



ANDRESR/SHUTTERSTOCK

who are already employed, but are looking to see where the jobs of the future will be, and it's also beneficial for students looking for information on local training and education or career paths."

WorkTrends.ca focuses on the trends, job resources, and opportunities available in Elgin, Middlesex, and Oxford counties. This initiative of the London Economic Development Corporation is funded,

through the Ministry of Training, Colleges, and Universities. The site was developed through consultation with various public and private organizations, representing a variety of user groups and interests.

"It's the first of its kind in Ontario," Maniar says.

WorkTrends.ca launched this week, but it has been in the works for a number of years. The site's major advantage is the focus on local labour market information and offering up-to-date and relevant career and training information.

A major focus will be the ongoing development of the site to incorporate resources and information from various partners and groups to ensure worktrends.ca continues to evolve and develop.

"Worktrends.ca is a work in progress," says Debra Mountenay, executive director of the Elgin Middlesex Oxford Workforce Planning and Development Board, host organization for Worktrends.ca. "We expect the site to build over time as more local information is added to the site to help people and businesses plan their workforce future."

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The local resource site for job-seekers, educators, employers and students

This project is funded by  
the Government of Ontario

EMPLOYMENT  
ONTARIO

# THERE'S A DIRE NEED FOR ... CLOWNS?

There's a worldwide shortage of clowns.

I'm not clowning around. I'm serious. According to an "exclusive" story in the New York Daily News, the membership of the World Clown Association has declined by 1,000 in the past decade, from 3,500 to 2,500.

This has implications for the future of clowning:

Instead of "Send in the clowns," we'll have to change the lyrics to "Send in a clown" or "Is there a clown around?"

At the point in the circus where all the clowns pile out of the VW Beetle, we'll have to add a few acrobats and lion tamers to beef up the numbers. Maybe the plate spinner and the knife thrower.

Desperate times. It's enough to wipe the smile off any clown's face, but of course you can't do that because it's painted on.



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

Various reasons are offered for the decline but the main one is attrition. The old clowns are dying off, and there aren't enough young ones ready to take over. Young people who think they're funny go into stand-up comedy, where you don't need a red nose, just a potty mouth.

But I think the real culprit is Stephen King, who wrote about a creepy clown called Pennywise in *It*, the scariest novel ever written, back in 1986. Pennywise offered kids balloons and then ate them (the kids, not the balloons).

Clowns have never been the same since. Instead of lovable old Bozo, we have Krusty of the Simpsons, the disreputable echo of

Pennywise.

Of course, there was the notorious real-life creepy clown John Wayne Gacy — the Chicago serial killer who was re-

sponsible for at least 33 deaths throughout the '70s of young men and boys. When he wasn't murdering people and burying them under his porch, he entertained children as Pogo the Clown.

After Pogo, Pennywise and Krusty, no one in their right mind would want to be a clown.

It's too bad, really. A clown can happy up a birthday party, but these days Princess doesn't want some dumb old clown; she wants Justin Bieber — and the way he's going, he'll be doing birthday parties by July.

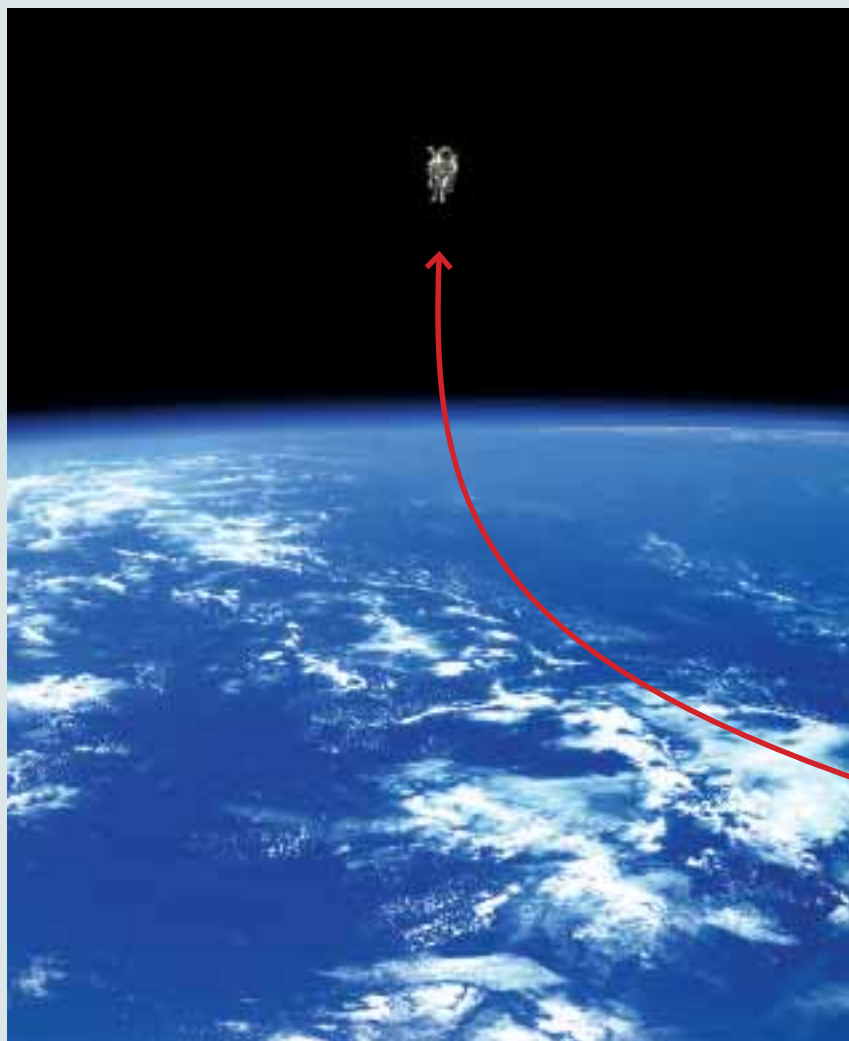
Talk about creepy clowns.

If this keeps up they may have to lower the standards at clown boot camp. Yep, at last year's Ringling Bros. Clown College (it's hard to resist the urge to spell everything with a "K," as in Klown Kollege) only 14 out of 531 applicants were selected to attend boot camp (Clown Feet 101? Introductory Prats-falls?) and only 11 of those were hired on to the circus.

At that rate they'll have to retire the VW Beetle. Smart car, maybe?

## ZOOM

# Oscar-worthy picture by NASA



COURTESY NASA

## Gravity images outshine movie

Space drama Gravity was the big winner on Oscar night — now savour the movie's inspiration. NASA has released spectacular real-life space photos that are strikingly reminiscent of the jaw-dropping scenes and panoramas from the movie. The space agency tweeted the set of archive images under #RealGravity. **METRO**

### Astronaut says

**"I told (Sandra Bullock) that I had long hair, and if you pulled a hair out and pushed it against something, you could move yourself across the space station. That's how little force it takes."**

NASA Expedition 26 astronaut Cady Coleman explaining to Gravity star Sandra Bullock what life is like in micro gravity.

## Art imitates life

In this 1984 image that showcases the chilling yet beautiful isolation of space, NASA astronaut Bruce McCandless II was photographed further away from his spaceship than any other astronaut in history. He was able to do so thanks to a nitrogen jet-propelled backpack. He was 98 metres from the Challenger orbiter. **METRO**

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Despite the best efforts of a certain lamentable patent troll, podcasting is still going strong and the diversity of presentations, subjects and gimmicks becomes more diverse by the day. Here are three can't-miss subscriptions on iTunes.**



Ron Sexsmith GETTY IMAGES

### Sodajerker:

A British songwriting team turns their love of music into an excuse to talk songwriting with some of their heroes. Nick Lowe, Johnny Marr, Rufus Wainwright and Ron Sexsmith are just a few of the many to sit down to talk about their lives, their feuds and, of course, their songs.

### Welcome To Night Vale:

We've already mentioned the wonderfully weird premise of a community radio station broadcasting from a small town besieged by supernatural events and the machinations of mysterious, all-powerful figures. However, I still meet people who have never heard of it — even though they have a perfectly good Internet connection. Absurd.

### IRL Talk:

Formerly known as Geek Friday, the new name manages to hang onto the Internet jargon while not scaring away those too delicate to handle being called a \*spit\* geek. But the material remains the same — witty talk about whatever foolishness or tech is hot this week, alongside evergreen topics like the loathsomeness of trolls or the great butlers of pop culture history.

### Comments

**RE: Proper Spelling Is Sexy, says Metro's Jessica Napier, published March 4**

there is nothing wrong with "donut". there's nothing wrong with "text-speak", you write as if something vaguely horrible will happen if we

don't quickly fix all these terrible things that are destroying language. there is no evidence anywhere that we're all being hopelessly confused by the lack of a comma. linguists know this perfectly well, but authors like Lynne Truss only fan the flames of this manufactured "grammar police state". ugh.

**Hank posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



# Creator goes WABAC to Rocky & Bullwinkle well

**Improbable history.** Time-travelling cult TV cartoon characters get big-screen treatment



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

Jay Ward may not be a household name, but many of the characters he created are.

As the grand poobah at Jay Ward Productions he produced the animated television shows that gave us Rocky & Bullwinkle, Dudley Do-Right, Peabody and Sherman and George of the Jungle among others.

His cartoons weren't just for kids. The Los Angeles Times wrote, "The good ones, which Ward was a master at creating, worked at two levels: One direct and another wonderfully satiric."

This weekend his characters take over the big screen in Mr. Peabody & Sherman, an animated film starring the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann.

Mr. Peabody & Sherman isn't the first film based on Ward's characters.

In a 1992 television movie (originally shot in 1988 for theatrical release) SCTV alum Dave Thomas played Boris Badenov, "world's greatest no-goodnik." With his partner-in-crime Natasha Fatale (Sally Kellerman) he leaves



Rocky & Bullwinkle spinoff Mr. Peabody & Sherman stars the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann. CONTRIBUTED

## Finding their 'wayback'

Based on Peabody's Improbable History segment from the Rocky and Bullwinkle Show, the movie sees the duo use the WABAC machine to ping pong through time, interacting with everyone from Marie Antoinette to King Tut to Leonardo da Vinci and Albert Einstein.

Pottsylvania for the United States to retrieve a microchip. TV Guide said, "as a

90-minute feature film, it's at least 80 minutes too long," but it's worth a gander to see one of the rare live action performances of June Foray, the original voice of Rocky.

Brendan Fraser brought two of Ward's characters to life, George of the Jungle and Dudley Do-Right.

George of the Jungle is a riff on Tarzan. He's a boy raised in the jungle by an ape (John Cleese) but who never mastered the art of swinging from tree to tree. Rotten Tomatoes gives it a 56% Fresh Rating, but the film

remains most memorable for the catchy "George, George/ George of the Jungle/ Strong as he can be/ Watch out for that tree," theme song by the Presidents of the United States of America.

Two years later Fraser was back in another Ward inspired movie about a bumbling Canadian Mountie called Dudley Do-Right who "always gets his man."

Co-starring with Sarah Jessica Parker and Alfred Molina, the story saw Dudley track his nemesis, the depraved Snidely Whiplash. Bad

reviews — USA Today called it a "Dead-carcass spinoff of Jay Ward's animated TV favorite" — doomed the movie, but the character lives on as part of an amusement park ride called Dudley Do-Right's Ripsaw Falls at the Islands of Adventure theme park.

Finally, despite a big name cast — Jason Alexander, Rene Russo and John Goodman — The Adventures of Rocky & Bullwinkle bombed at the box office despite Robert De Niro doing a take on his famous "You talkin' to me?" speech from Taxi Driver.

2  
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## Cameron and Sofia finally Spike Jonze of contention



Cameron Diaz ALL PHOTOS GETTY IMAGES

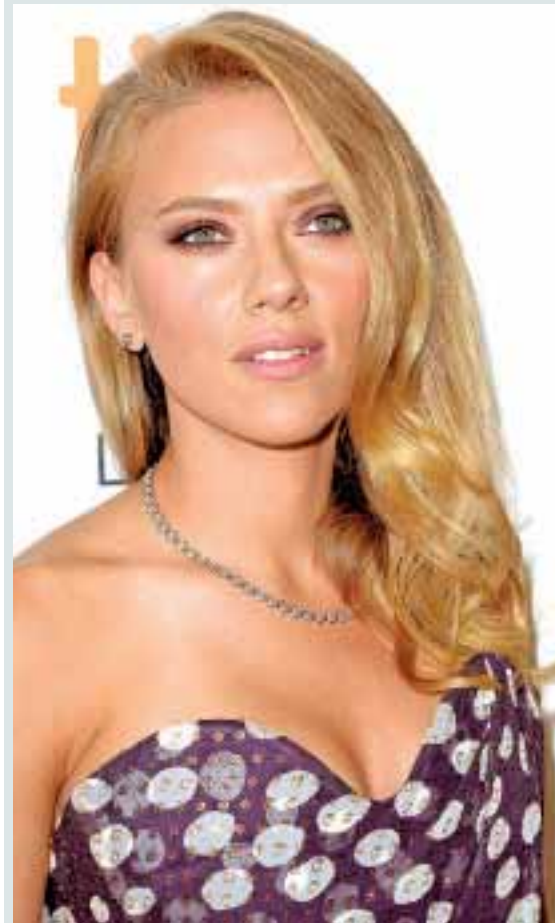
It took more than a decade, but Cameron Diaz has reportedly forgiven director Sofia Coppola for the perceived slight of Anna Faris' ditzy actress character in *Lost in Translation*, suspected by many to be based on Diaz as retaliation for her flirtation with Coppola's then-husband, Spike Jonze. "Sofia and Cameron have had an incredibly difficult relationship since 1999, the year Sofia married Spike.

It only got worse when the film came out and it became pretty well-known that part of the movie was based on their real-life feud," a source tells Radar Online — though Coppola has downplayed the comparison. "There has been a thaw in the relationship between Sofia and Cameron in recent months. They had drinks this summer and cleared the air, possibly even paving the way for a future collaboration."

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### ScarJo will be rocking the cradle with French fiancé



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

deco engagement ring at the Venice Film Festival in September.

Did ScarJo know she was pregnant when she talked with the *Daily Mail* in December? "I would like to have my own family, that would be nice," she said. "They say it's never the right time and I am sure that's true, but I think you have to plan it like anything else." Looks like that time is now.

But what does the happy news mean for Johansson's next turn as Black Widow in *Avengers: Age of Ultron*? The actress is set to begin work on the sequel to the 2012 hit on April 5 following her promotional tour for *Captain America: the Winter Soldier*, and while Marvel Studios has no comment about adjusting her schedule, an insider says, "They're going to fast-track her scenes."

Scarlett Johansson, 29, is expecting a baby with her French fiancé, Romain Dauriac, *E!* News confirmed.

Not much is known about Johansson's baby daddy. Alternate reports have him as a journalist, the head of a creative agency and an advertising director. Whoever he is, he has excellent taste: Johansson showed off her ginormous vintage art

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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Live



# Finding the magic in Mexico

**Loreto.** This sleepy seaside village is the destination developers forgot — so get there before the hordes do

Efforts to turn the Mexican seaside village of Loreto into a major destination have been going on for years. So far, though, the results have been limited, and that in itself makes it worth visiting.

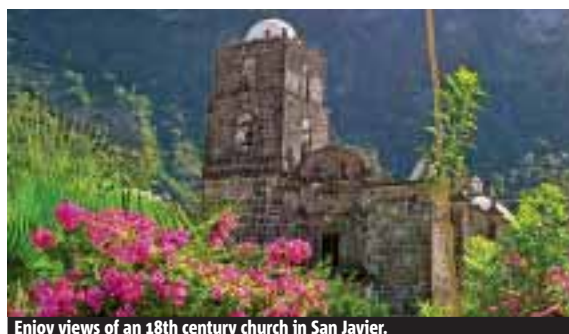
Loreto is already a gem — a historic town nestled between gold-hued mountains and the blue Sea of Cortez. It's known mainly to whale watchers (late winter), sport fishermen (year-round) and snowbirds who drive down from British Columbia.

Loreto was earmarked for tourism development 30 years ago, part of an initiative that also included Cancun, Ixtapa, parts of Oaxaca and Los Cabos. While the others flourished, the development of Loreto faltered. In a renewed effort two years ago, Mexico's tourism agency gave Loreto its "Magic Town" moniker, a label to promote places notable for natural beauty, cultural riches or historical relevance. Still, the international airport here welcomed only about 40,000 tourists last year, compared to the million or so who flew to Los Cabos, 480 kilometres to the south.

And there are no cruise ships. Instead, there is the Loreto Bay National Marine Park, a UNESCO World Heritage site made up of five islands access-



Loreto's new promenade makes for a pleasurable waterfront stroll. PHOTOS: THE ASSOCIATED PRESS



Enjoy views of an 18th century church in San Javier.

ible only by boat.

After a 90-minute flight from Los Angeles — the only U.S. gateway at present — you will find a town seemingly frozen by the economic downturn, with half-built hotels and empty storefronts.

You'll also find a bit of "old"

Mexico. There are a fair number of people who speak no English, friendly ex-pats happy to offer suggestions, a scattering of small festivals, a soccer stadium with spirited games, and a local mariachi band that plays in khakis, not costumes. Following are some highlights.

## History

Loreto became the first Spanish settlement on the Baja California peninsula when Jesuit missionaries established the Mission of Our Lady of Loreto in 1697. The baroque-style church still functions, and is used for weddings. An adjacent Mission Museum highlights not only the religious past, but also the political history, as Loreto served as the regional capital from 1697 to 1777. An 18th-century church popular with pilgrims is located an hour away, high in the Sierra de la Giganta mountains in the hamlet of San Javier. Lunch is available at a restaurant in the village, which only got full-time electricity in 2012.

## Waterfront

A new, multimillion-dollar

## Dining

- **Canipole.** A spot that has no menu, no roof and an open kitchen, and provides traditional blankets for diners to wear when temperatures fall. The guacamole is made tableside, followed by the daily special, which usually contains divine mole.

promenade makes for a pleasant waterfront stroll and provides for spectacular views east towards the islands. It passes a lighthouse and a small marina, where skippered pangas (small open boats with outboard motors) can be rented for about \$100 for fishing, bird-watching, wildlife-viewing or a lift to the white-sand beach on Coronado Island. Farther down, the sidewalk runs past a city beach, empty during the January chill but for the permanent thatched-roof palapas that provide relief from the sun.

## Beaches

The best beaches are a short drive from Loreto, but the roads are good and the travel easy. Thirty kilometres south is the community of Ensenada Blanca, which undoubtedly has the most spectacular views of the marine park. You can access the beach through a time-share property, the Villa Del Palmar. It sells a visitor pass for \$65 US per person, which includes unlimited food and drinks, and use of the pools and beach from 10 a.m. to 6 p.m. **THE ASSOCIATED PRESS**

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# What's an employee like me to do?

## Describe so I can thrive.

Are you unsure about what your job actually entails? Here's how to hunt down the appropriate answers

DAVID SINGH

life@metronews.ca

If you think about it, job descriptions hold a lot of power. That simple list of bullet points on a job posting will largely determine whether you apply or not. If the right words and phrases are listed, you'll likely proceed with the application.

And let's say you eventually get that job. Now, your expectations heading into your brand new role will be primarily based on that initial job description you so eagerly viewed.

But according to Fiorella Callocchia, a human resources consultant, that's where misconceptions come into play.

"Job descriptions aren't that



If your workload has suddenly gained some serious weight, it may be time to have a powwow with the powers that be. COLOURBOX

easy to write," says Callocchia, founder of HR Impact, a company that provides human resources consulting and leadership development services. "No job description can capture every little nuance of the job."

Callocchia says there are various factors that influence the accuracy of job descriptions. For example, smaller companies may not have clear-

ly defined roles. Or perhaps the hiring manager who penned the job posting may not understand what exactly the position requires.

The end result could mean that you arrive at a new job and suddenly find yourself asking, "What did I sign up for?" It could be that the job is either much more or less than what you bargained for.

If you're in this predicament, Callocchia says not to worry. You're not alone.

"It's not unusual for there to be some type of gap between what's in writing and what's actually required," she said. "Until you get there and actually do the job, you don't know."

If you're uncomfortable with your current job duties or lack thereof, Callocchia ad-

## Statement of the union

Addressing the issue of inconsistent job duties in a workplace with a union is very different than in a non-union environment, says Justin Tetreault, associate lawyer with employment/labour law firm Grosman, Grosman & Gale LLP.

- "In a unionized workplace, job duties are usually specifically detailed in a collective agreement," he says. "In a situation where an employee is not being assigned the appropriate tasks, they should speak to their union steward who will be able to initiate a grievance on their behalf."

vices that the most important thing you can do is request a one-on-one meeting with your manager. That's obvious, but she says the key to handling it successfully depends on several factors.

First, before the meeting even takes place, you need to consider what it is you want.

"Is your objective to help them understand that the expectations far exceed the job descriptions (or vice-versa)?" Callocchia says. "Are you looking for money or are you looking to just get clarification?"

When it's time to meet, be wary of what you say, as you don't want to come across as a whiner.

"Come with potential solutions and ideas on how to solve the problem," Callocchia says. "Companies don't want people that complain. Be constructive and give ideas on how they can make it right. Don't just dump on the manager and say 'Here, solve my problem, you're the manager.' That's not collaboration."

Language will also be key in the meeting. Callocchia says to ask questions like, "Where would you like me to spend more or less time? Can you help me understand where the priorities are and where the focus of my time and efforts should be?"

## Parental poll

### Making it big for Mom and Pop

When it comes to parents' hopes for their children, it would seem that disappointment is passed down from generation to generation.

Two-thirds (67 per cent) of Canadian parents are uncertain that their children will fulfill their hopes, according to a new national survey commissioned by Big Brothers Big Sisters of Canada (BBBSC) and Invesco Canada Ltd.

Moreover, 83 per cent of parents are unsure that they achieved the aspirations their own parents had for them.

The poll identified a number of barriers to achieving parental hopes, including the following:

- Negative emotional states or behaviours (29 per cent)
- Family financial situation (18 per cent)
- Stress at home (17 per cent)
- Difficulty in school (15 per cent)

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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Kale is a great source of vitamin C and folate, so a little packs a punch.

I love cooking with kale and especially adding it to soups and pastas. Try adding chopped kale to your next batch of any of homemade soups for some added nutrients and flavour.

In this soup, the combina-

### Ingredients

- 1 tsp (5 ml) canola oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1/2 tsp (2 ml) each ground cumin and coriander
- 4 cups (1 l) beef broth
- 2 cups (500 ml) lightly packed finely shredded kale
- 1 strip loin grilling steak (about 8 oz/250 g)
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- Pinch freshly ground black pepper



This recipe makes three to four servings. EMILY RICHARDS

tion with the beef is perfect and subtle. It makes a hearty soup perfect for a cold winter's night.

If you let the soup cook longer, the kale continues to soften and cook flavour right into the soup. Add a dash of hot pepper sauce at the table for those who may want to add some extra

heat to the soup.

1. Heat oil in a pot over medium heat and cook onion, garlic, cumin and coriander for about 8 minutes or until softened and beginning to turn golden. Add stock and bring to boil. Add kale and cook, stirring occasionally for 5 minutes.

2. Meanwhile, trim any fat from steak and discard. Slice steak into thin strips and cut strips in half crosswise. Add to soup along with beans and pepper and cook, stirring occasionally for about 10 minutes or until kale is tender and steak is slightly pink inside.

### Cooking tips

- You can use two boneless, skinless chicken breasts for the beef (sliced and cooked until no longer pink inside). You can also use spinach or Swiss chard for the kale.
- What do you do with leftover kale? Kale chips! They're crispy, low calorie, full of great nutrition, and an easy way to increase your intake of micronutrients.

**START TO FINISH**  
ABOUT 25 MINUTES

# You don't have to be so kneady

1. Heat the oven to 350 F.

2. Place walnuts in shallow baking dish, then place in oven on the middle shelf to toast 10 to 12 minutes. Set aside to cool.

3. Once nuts cool, in bowl stir with both flours, salt, yeast and rosemary. Add water and stir briefly with wooden spoon, just until dough is barely mixed, about 30 seconds. The dough should be wet and tacky. If it is not, add 1 to 2 tablespoons more water. Cover bowl and let it rise at room temperature for 12 to 18 hours, or until it is more than double in bulk.

4. After the dough has risen, generously sprinkle a work surface with flour and gently, with the help of a plastic bench scraper, scoop out the dough onto the counter.

5. Working very quickly, with floured hands, fold dough inward to centre on all sides to form seam. Turn dough over to form a round with the seam on the bottom. Generously sprinkle a clean kitchen towel with flour. Lay the towel flat on the counter and set the dough on top, seam down. Sprinkle the top of the dough lightly with flour and loosely fold the ends

of towel over the dough.

6. Let dough rise in a warm place for 1 to 2 hours, or until almost doubled in bulk. You will know it is ready when you poke the dough and it holds your imprint. If the dough bounces back, it is not ready.

7. About 30 minutes before you think dough is ready, heat oven to 475 F. Put a rack in the lower third of the oven, and place a covered 4 1/2- to 5 1/2-quart casserole dish in the oven to heat.

8. When the dough has risen, carefully remove the casserole

dish from the oven and remove the lid. With the aid of the tea towel, flip the dough gently, seam side up, into the casserole, put the lid on the casserole and return it to the oven. Bake for 30 minutes. Carefully remove the lid and bake until the bread has browned nicely, another 15 to 30 minutes.

9. Remove the casserole dish from the oven and use a spatula or dish towel to carefully transfer the bread to a rack to cool completely before slicing.  
**THE ASSOCIATED PRESS/ SARA MOULTON**  
**AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This No-Knead Walnut-Rosemary Bread recipe makes one loaf of bread.  
MATTHEW MEAD/ THE ASSOCIATED PRESS

### Ingredients

- 1/2 cup (50 g) coarsely chopped walnuts
- 2 cups (266 g) bread flour
- 1 cup (133 g) whole-wheat flour
- 1 1/4 tsp (8 g) table salt
- 3/4 tsp (2 g) instant or rapid-rise yeast
- 2 tbsp (6 g) chopped rosemary
- 1 1/3 cups (350 g) cool water (55 F to 65 F)
- Additional flour, wheat bran or cornmeal, for dusting



"It's going to be a dogfight. We knew it wasn't going to be easy," said the London Lightning's Garrett Williamson, left, about the team's playoff series with Brampton. The A's lead the best-of-five series 1-0. METRO FILE

# Lightning all too familiar with A's

**NBL Canada.** Brampton slowed Williamson in Game 1 but London brass believe their star will bounce back



DAVE  
LANGFORD  
dave.langford@metronews.ca

The Brampton A's have a bit of a head start when it comes to stopping the fifth-highest scorer in the league, London Lightning's Garrett Williamson.

After all, they have now met London 10 times this season, including eight in the regular season, one exhibition game and now one playoff game.

"Of course, they know my tendencies, like I know some of their tendencies. They'd be smart to kind of lean on certain things," Williamson admitted.

With Williamson held to 18 points Sunday, London lost its National Basketball League of Canada playoff opener 95-87 in Brampton.

The Lightning now face an almost must-win situation Wednesday in Game 2 of their

best-of-five conference semi-final series against the A's at Budweiser Gardens.

Lightning general manager Taylor Brown said he is not concerned about Williamson.

"I think he got a little bit tired and winded because they were so physical with him so he'll bounce back and he knows now how to pick his times to attack the basket. He'll break out of it. Garrett is a tremendous player," Brown said.

Brampton head coach David Magley agrees, saying earlier this season that Williamson is the best player in the league.

Williamson said he is looking forward to playing at home after being down by 10 at the end of the first quarter on the road.

"It's always easier playing at home, especially in front of our fans. They give us an extra boost and energy," Williamson said. "If we can start the game out better at home, that will definitely be a plus for us."

Game time is 7 p.m. and the Lightning are expecting close to 5,000 spectators, a far cry from the 200 on hand for the opener in Brampton on Sunday.

## NHL

### Oilers send Bryzgalov to Wild

The Minnesota Wild traded a fourth-round draft pick to the Edmonton Oilers for goaltender Ilya Bryzgalov on Tuesday, one day before the NHL deadline for dealing.

The 33-year-old Russian has a 5-8-5 record in 20 games for the Oilers this season with an ugly 3.01 goals-against average and he's on a one-year contract, allowing the Wild to acquire him at a relatively low cost.

The Oilers later acquired goalie Viktor Fasth from the Anaheim Ducks in exchange for two picks.

THE ASSOCIATED PRESS



Ilya Bryzgalov GETTY IMAGES

## Ukraine united



"The national team is a symbol of unity because

players come from all over Ukraine. We're all one big family, we're all united."

Ukraine men's soccer team captain Anatoliy Tymoshchuk. The Ukrainians are scheduled to face the United States in a friendly on Wednesday in Cyprus, a match moved from Kharkiv to Larnaca for security reasons.

# A new Sunrise: Luongo sent back to Fla.



Roberto Luongo spent five seasons with the Florida Panthers before being traded to the Canucks in June 2006. BILL HARRINGTON/THE ASSOCIATED PRESS

The Vancouver Canucks traded goaltender Roberto Luongo to the Florida Panthers, on Tuesday ending a roller-coaster saga that has gone on for almost three years.

Luongo's unhappiness in Vancouver since the 2011 Stanley Cup final included being usurped as the starter by Cory Schneider, demanding to be traded, complaining that his \$64-million US, 12-year contract "sucks" and seeing Schneider being dealt away.

Coach John Tortorella added another chapter by choos-

## Pumped?

Roberto Luongo — at least temporarily — joins Tim Thomas in Florida, the goalie who beat him in the 2011 Stanley Cup final while with the Boston Bruins.

ing not to start the 34-year-old in last weekend's Heritage Classic, opting to go with Edie Lack.

Now Lack could split duties with Jacob Markstrom, ac-

quired from the Panthers as part of the Luongo deal along with forward Shawn Matthias.

ECHL-based forward Steve Anthony also heads to Florida.

"This caught me off guard," Luongo said, as quoted by the Canucks on Twitter in a post that was then quickly deleted. "But I'm excited. I'm going home."

Luongo returns to the Panthers with eight years left on his deal beyond this season. The Montreal native makes his off-season home in South Florida. THE CANADIAN PRESS



## MLB. Kinsler says harsh comments about former team taken out of context

Ian Kinsler was expecting this kind of reaction — even if he didn't agree with the way his comments were portrayed.

Kinsler, who was traded from Texas to the Detroit Tigers in the off-season, said Tuesday some critical statements attributed to him in an ESPN The Magazine story were taken out of context. Kinsler was quoted as calling Rangers general manager Jon Daniels a "sleazeball."

"I'm not happy about it. I think that the story was written for drama, and taken a little out of context," the Tigers' new second baseman said. "I understand there were some things directed at the GM, but as far as my teammates and the fans, there's nothing negative to say about that, and I think the quotes taken about the general manager were taken a little out of context."

In the ESPN story, Kinsler blamed Daniels for the departure of Rangers CEO Nolan Ryan, who left the organization in October.

"Daniels is a sleazeball," Kinsler was quoted as saying. "He got in good with the owners and straight pushed Ryan out. He thought all the things he should get credit



**Tigers second baseman Ian Kinsler has gotten heat for saying he hopes his former team, the Rangers, "go 0-162."** GETTY IMAGES

for, Ryan got credit for. It's just ego."

Kinsler was also quoted as saying he hopes the Rangers lose every game this season: "To be honest with you, I hope they go 0-162."

Kinsler seemed surprised that comment in particular had gotten so much attention.

"That's a matter of telling a joke," he said.

At their spring camp in Surprise, Ariz., the Rangers seemed to take Kinsler's comments in stride.

"We won't go 0-162, guaranteed," manager Ron Washington said. **THE ASSOCIATED PRESS**

### Spring training

#### Bucs tame Tigers

Charlie Morton allowed one hit in three scoreless innings, helping the Pittsburgh Pirates to a 5-2 victory over the Detroit Tigers on Tuesday.

Kelly had two hits for the Tigers, and Austin Jackson hit a two-run homer in the fourth for Detroit's runs. **THE ASSOCIATED PRESS**

### MLB

#### Santana starts comeback with O's

Two-time AL Cy Young Award winner Johan Santana agreed Tuesday to a minor-league contract with the Baltimore Orioles as he tries to come back from the second major operation on his left shoulder.

**THE ASSOCIATED PRESS**

# Howell finds her new fame larger than life

**Gold-medal glory.** Ski slopestyle champion still coming to grips with her grand accomplishment

### Big trick up her sleeve

In slopestyle, athletes try to wow the judges with tricks and moves off the jumps and rails. The degree of difficulty, style and execution are also factors.

- Howell won gold with a score of 94.20 in conditions that started off icy and fast but became slow and slushy as the day progressed. She nailed an off-axis full twisting flip — the switch misty mute 9 jump — to help put some distance between her competitors.

Canadian freestyle skier Dara Howell made history at the Sochi Games by becoming the first women's champion in the new Olympic sport of ski slopestyle.

It's an accomplishment she has yet to fully digest.

"I still go through the moments where I can't believe that this has actually happened and I came home with a gold medal," she said Tuesday.

The last three weeks have been a whirlwind for the 19-year-old Howell, who came through with a tremendous run at Rosa Khutor Extreme Park for the victory. Kim Lamarre of Quebec City won bronze and joined her on the podium.

Howell, 19, was recently feted in her hometown of Huntsville, Ont., and the media requests and interviews are still keeping her busy.

"I was definitely overwhelmed with the amount of people that came out," she said during a media swing

through Toronto. "I knew that Huntsville supported me from the get-go but coming in the other day to the party and seeing how many people were actually there and so excited for me was just crazy."

Her future is bright and there could be more fame, sponsorships and opportunities to come. She plans to take it all in stride.

"I think all the things that do come up are just going to help me become a better athlete," she said. "Hopefully I can just run with it and see where my future takes me."

**THE CANADIAN PRESS**

### Quoted

**"Coming back in four years is already in my mind and I know my coaches are definitely going to push for it too."** Dara Howell on defending her Olympic ski slopestyle championship at the 2018 Winter Games in Pyeongchang, South Korea.



**Gold-medallist Dara Howell celebrates during the medal ceremony for women's ski slopestyle during Sochi Winter Olympics on Feb. 11.**

STREETER LECKA/GETTY IMAGES



**Toronto design company Jacknife is creating a medal for Gilmore Junio, the Canadian speedskater who gave up his spot in an Olympic race to his teammate and eventual silver medallist.** CONTRIBUTED GEMMA KARSTENS-SMITH

## Junio's sacrifice won't go unrewarded

Gilmore Junio is getting a medal after all.

The Canadian speedskater withdrew from the men's 1,000-metre race in Sochi last month so teammate Denny Morrison could compete instead.

Morrison won silver in that Olympic race but it was Junio's selflessness that made headlines and got Canadians talking.

Mike Richardson couldn't fathom giving up his dream the way the speedskater had. The partner and creative designer for Jacknife, a Toronto design company, talked to his co-work-

ers about Junio and how they could recognize the skater's generous act.

Junio's story resonates with people because it came at a time when Canadians are questioning our global identity, Richardson said.

"I think some of the shine has worn off the Canadian persona of being the super nice people; in certain circles we're getting knocked around a bit," he said.

"Along come the Olympics. We're doing really well and winning medals and we start to feel like we're a competi-



**Gilmore Junio**  
THE CANADIAN PRESS

tive nation. Then out of nowhere, this guy reminds us that what we really stand for isn't winning or being the best or having the most money,

but we're about having compassion and selflessness. And on a world stage. And that just makes everyone super proud."

Richardson suggested to the group that Junio deserved a medal. Once the idea was dis-

cussed, he realized they could make it a reality.

The medal's top layer will be gold, because that's the top accolade for an athlete. The centre layer will be silver, representing the medal Morrison won in Sochi thanks to Junio's sacrifice. And the final layer will be maple wood, a nod to the Canadian people.

By noon Tuesday, Jacknife had raised more than \$6,750 for the project through crowd funding. Any extra money raised will go to the charity of Junio's choice.

**TORSTAR NEWS SERVICE**

# ZING INTO SPRING

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\*Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.



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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ©2014 Dodge Grand Caravan 3.6L VVT V6 6-speed automatic – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2014 Dodge Dart 1.4 L I-4 16V Turbo – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. The Zing Into Spring Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after March 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. 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# Volvo's new V60: safe and stylish



PHOTOS: WHEELBASEMEDIA.COM

## 2015 Volvo V60

- **Type.** Four-door, front-/all-wheel-drive wagon
- **Engines (hp).** 2.0-litre DOHC I4, TC (240); 2.5-litre DOHC I5, TC (250); 3.0-litre DOHC I6, TC (325-345)
- **Transmissions.** Eight (2.0) and six-speed automatic (std. 2.5, 3.0)
- **Base price (incl. destination).** \$41,500



## Design

The V60 is an offshoot of the S60 sedan and shares much of its physical traits. However, in back, the V60 presents one of the more attractively sculpted hatchbacks to grace any wagon. In most key measurements, length, width and distance between the front and rear wheels, both sedan and wagon are in a dead heat.

## Engine

Along with a Volvo-measured zero-to-96-km-h (60-mph) time of 6.1 seconds, a major Drive-e bonus will be a fuel-consumption rating that's expected to be significantly lower than the inline five-cylinder's 9.9 l/100 km city and 6.5 highway.

**Review.** Walking the fine line between form and function ... and sometimes crossing it

MALCOLM GUNN  
wheelbasemedia.com

Station wagons have been around for decades, but perhaps no other brand is more identified with this form of transportation than Volvo. That's what makes the 2015 V60 Sportswagon such an important addition to the Sweden-based (and Geely of China-owned) fleet.

In many respects the V60 represents a return to Volvo's roots. There hasn't been a front-wheel-drive carryall in the brand's North American lineup since the V70 was retired after the 2010 model year. That left just the all-wheel-drive XC70, with its hiked-up suspension and blacked-out trim, as the company's wagon flag-bearer.

In cargo capacity the V60

comes up a bit shorter than you would think when compared to the old V70. That's the cost of style, apparently.

The elegant interior features a unique "waterfall" control panel that flows downward from the dashboard onto the floor console. There's storage space behind the flat panel, which is pretty standard for Volvo. The rest of the cabin displays considerable premium content with the optional well-bolstered seats being precisely what you would expect in a car that uses the Sportswagon tag.

There's also plenty of sporty content to be found under the hood. The V60 and S60 will be the first Volvos to reach North America with a brand new engine. The turbocharged 2.0-litre four-cylinder "Drive-E" that will be available starting this summer generates 240 horsepower and 258 pound-feet of torque.

All of Volvo's powerplants will eventually be based off the Drive-E, but for the time being buyers can also select the turbocharged 2.5-litre five-cylinder

in the T5 AWD that makes 250 horsepower and 266 pound-feet of torque. Also offered is the turbocharged 3.0-litre six-cylinder in the AWD R-Design that produces 325 horsepower and 354 pound-feet of torque.

For a very select group of V60/S60 buyers, the performance-focused limited-edition Polestar ups the 3.0's output to 345 horsepower and 369 pound-feet. An eight-speed automatic transmission connects to the 2.0, while a six-speed automatic handles the cog-swapping chores for the five- and six-cylinder models.

Definitely helping the fuel economy in the city is technology that stops the engine when the V60 is briefly stationary then automatically restarts it when the brake pedal is released.

Volvo will also eventually offer a turbo-diesel and a plug-in hybrid version of the V60. Base V60 models, regardless of power choice, arrive with climate control, heated front seats, power moonroof and a power parking brake.

The remaining trim levels — Premier, Premier Plus and Platinum — add notable features such as a rear park assist camera, power-retractable outside mirrors, navigation system and premium audio. The top-Swede T6 R-Design comes with leather-covered sport seats, keyless start and 18-inch alloys. Of course safety-conscious Volvo offers an impressive selection of advanced crash-avoidance aids.

Notably, there's collision warning with pedestrian and cyclist detection as well as a Road Side Information Camera that projects speed-limit and no-passing signs onto the driver information screen. The car can warn the driver if the speed limit is exceeded.

It's that sort of unique safety gear that over the years has earned Volvo beloved-brand status. Ultimately, however, it's the V60 Sportswagon's sleek lines, inviting interior accouterments and potent, yet new-age thrift-conscious powertrains that will help propel more youthful buyers into the Volvo fold.

## Compare



**1** BMW 328i xDrive  
Base price: \$50,000



**2** Cadillac CTS  
Base price: \$49,900



**3** Subaru Outback Limited  
Base price: \$38,400

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## Horoscopes

### Aries

March 21 - April 20

Today's cosmic set-up is fortunate, but only if you are prepared to get out into the world. You know the saying: It's not so much what you know that matters as who you know.

### Taurus

April 21 - May 21

Now is the time to prove yourself. With your ruler Venus moving into the career area of your chart, you will impress people of power with ease — if you make the effort.

### Gemini

May 22 - June 21

Venus, planet of emotional and material values, moves in your favour today, making it necessary to think about who and what means the most to you. You know the answer already, but remind yourself.

### Cancer

June 22 - July 23

Everything is going so well for you at the moment that you may get a bit suspicious and wonder if it's some kind of cosmic trick. Nothing could be further from the truth. This is a genuine lucky streak, so enjoy.

### Leo

July 24 - Aug. 23

Venus, planet of love, moves into the relationship area of your chart today, so anything of a partnership nature will go well. No matter how busy you may be, take time to remind that one special person how much they mean to you.

### Virgo

Aug. 24 - Sept. 23

Remember it's quality, not quantity, that counts. If you keep that point in mind today, everyone will praise you for a job well done. If you try to do too much you'll please no one.

### Libra

Sept. 24 - Oct. 23

Too often in the past you have lacked the confidence to follow through on an idea. Now, you will look and act as if you can't fail. And you won't.

### Scorpio

Oct. 24 - Nov. 22

Venus, the planet that helps smooth over difficulties, moves into the domestic area of your chart today. Use its influence to reorder your home life in ways that suit your needs.

### Sagittarius

Nov. 23 - Dec. 21

You can get through twice as much work in half as much time as you usually do today. But don't spend all your time on everyday chores because this is also an aspect that increases the fun factor.

### Capricorn

Dec. 22 - Jan. 20

This should be a productive day but there is a danger that in your haste to show what you can do, you will take on too many tasks. Focus on the one thing you are great at.

### Aquarius

Jan. 21 - Feb. 19

There is nothing you cannot do. With Venus, planet of harmony, joining Mercury in your sign today doors will open as if by magic and heads will turn as you walk down the street. You're worth watching.

### Pisces

Feb. 20 - March 20

If someone is in trouble today you will ride to their rescue, no questions asked. While it's good of you to be generous with your time, you must be careful about how you use your money. And remember, it is YOUR money. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Note hit by a soprano, \_\_\_\_
- Gene Pitney's "Twenty-Four Hours from \_\_\_\_"
- Colorado NHL players, to fans
- Shakespeare comedy: 4 wds.
- Sass
- The Pursuit of Happiness song: 3 wds.
- Jeanne d'Arc, e.g.
- \_\_\_\_ Z
- Chess pieces, e.g.
- Sandra Oh's Ontario birthplace
- His-and-Her clothing
- Microwaved
- Equilibrium
- Exuberance
- Rice dish
- Height: Prefix
- Court game org.
- Second Cup, for example: 3 wds.
- Comic actress Ms. Gasteyer
- Peace, in Paris
- \_\_\_\_ had time to... (There was extra time, so...)
- Dave Clark Five's "Catch \_\_\_\_ You Can"
- Ms. Danes
- Chicago airport
- Set up
- St. \_\_\_\_ Canadian Memorial, in Belgium
- Middle East country



- Potsie's portrayer ...his initials-sharers
- Blood-typing letters
- Toffee brand in the tartan wrapper
- \_\_\_\_ out! (Ump's call)
- Barenaked Ladies singer: 2 wds.
- Jrs. dads

- Songstress, Taylor \_\_\_\_
- Playwright Eugene O'Neill's daughter's namesakes

### Down

- Chuckling sounds
- Help \_\_\_\_ hand
- Sandwich sort

- Brick carrier
- Saskatchewan town that is home to the 'World's Largest Tomahawk': 2 wds.
- Inclines
- Imperial decree
- Romanian currency
- Stop \_\_\_\_
- Greek goddess
- Tatshenshini-\_\_\_\_

- Park, in northwest-ern BC
- 'V' of CV
- Buy
- Actress Ms. Anderson's
- Fun-rhymer
- The States fliers, commonly
- Photocopy
- Shelter gr.

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Common noun suffix
- Racing's Romeo
- Prune
- "Have \_\_\_\_ trip home!"
- Phi's Greek alphabet follower
- "Avatar" (2009) species
- Casket stand
- Green Gables girl
- Prefix meaning 'Over'
- Soapy-tasting-to-some herb
- Hatful
- Mr. Geller
- Appeared
- Construction site sight
- "Back Stabbers": 1972 hit by The \_\_\_\_
- Journalist/broadcaster, Karina \_\_\_\_
- Then: French
- Camera company
- "The \_\_\_\_ has spoken." - Jeff Probst, "Survivor"
- Zilch
- PGA part [abbr.]
- Nelly Furtado's 2000 debut album: '\_\_\_\_, Nelly!'
- American SINs equivalents
- Sob
- Ear: Prefix

## Yesterday's Crossword

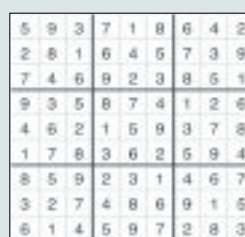


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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Thursday -4°/-7° Mainly sunny  
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